

**Use your WIC benefit as a shopping list. Only items listed on the benefit may be purchased.  
Select the size and quantity listed to receive the maximum nutritional value.**

## MILK – Pasteurized and Fortified

**Store Brand if available**

**Buy only the milk type and size specified on benefit**

Skim, 1%, 2%      Whole      Lactose-free  
Nonfat Dry      Evaporated      Meyenberg Goat Milk

Two ½ gallons may be substituted for one gallon

No flavor added, enhanced or organic milk

No pints

Quarts only if specified on the benefit or when larger size of

Lactose-free milk is unavailable.

## SOY BEVERAGE

**8<sup>th</sup> Continent Soymilk  
Beverage**

½ gal cartons, ultra pasteurized

Original flavor only

**Lucerne Soymilk**

½ gallon cartons

Original flavor only

**Pacific Natural Foods Ultra  
Soy Beverage**

Aseptic Quarts (32 ounces)

Plain and Vanilla only

**Silk Soymilk**

½ gallon cartons

Original flavor only

## PEANUT BUTTER

**Store brand, Adams, Peter Pan, Jif or Skippy only**

**18 to 16 ounce jar**

Unflavored Regular or Natural - smooth, chunky or honey roasted

No jelly, honey, chocolate or marshmallow crème added.

No peanut butter spread (reduced-fat, natural or other kind of peanut butter spread)

No organic or enhanced peanut butter

## CHEESE – Domestic

**Store Brand, Cache Valley, Crystal Farms, Kraft or AMPI only**

**Regular, low-fat or reduced fat, in 16 or 8 ounce package**

Colby-Monterey Jack

Cheddar

Monterey Jack

Colby

Mozzarella

Swiss

Two 8 ounce packages may be substituted for one 16 ounce package

No string, cheese foods, products, spread, cubed, shredded, sliced, flavor added (i.e. Pepper Jack), imported, service deli, imitation cheese products or individually wrapped slices/strings sold as singles

No organic

## EGGS

**Large – One dozen white “AA” or “A”**

Any Brand

No enhanced, hormone-free, specialty or brown eggs

No free range or cage free eggs

No organic

## BEANS, PEAS, AND LENTILS

**16 to 15 ounce packages/cans**

Any Brand: dry beans, split peas or lentils

Any Brand: canned beans (legumes)

No soup mixes, flavorings or meat added (pork & beans, refried)

No cans of green or yellow beans

No organic

NOTE: Canned beans may be purchased ONLY if specified on benefit

## BREAKFAST CEREALS for Women and Children -- Whole grain cereals are marked with a

### COLD CEREAL – 12 oz boxes or larger

Gluten free items are marked with an \*

### SPECIFIED BRANDS ONLY

#### REGULAR FLAVOR UNLESS SPECIFIED

No fruit filled

No organic


#### Corn Flakes

Essential Everyday, Flavorite, Great Value, IGA, Kellogg's, Kroger, Our Family, Safeway or Western Family

#### Corn Squares/Bitz/Pockets

Essential Everyday, Flavorite, General Mills (Corn Chex\*), Great Value, IGA\*, Kroger, Our Family, Safeway or Western Family

#### Corn Balls/Puffs

General Mills (Kix) 

#### Crispy Rice

Essential Everyday, Flavorite, Great Value, IGA, Kellogg's (Rice Krispies and Rice Krispies Gluten Free\*), Kroger, Malt-O-Meal, Our Family, Safeway or Western Family

#### Frosted Mini Wheat Biscuits


Essential Everyday, Flavorite, Great Value, IGA, Kellogg's, Kroger, Malt-O-Meal, Our Family, Safeway or Western Family

No "Post"

No fruit filled or flavored frosting

No plain shredded wheat Biscuits

#### Fiber Flake Cereals (Bran)

Enriched Bran Flakes: 

Essential Everyday, Flavorite, General Mills (Wheaties Original or Total Original),

#### Fiber Flake Cereals (Bran) (cont.)

Great Value, IGA, Kellogg's (All Bran Complete Wheat), Kroger, Post (Bran Flakes), Western Family

No fruit added (Raisin Bran) or Low-carb

#### Nugget

Post (Grape Nuts) 

#### Rice Squares/Bitz/Pockets


Essential Everyday, Flavorite, General Mills (Rice Chex\*), Great Value, IGA\*, Kroger, Our Family, Safeway or Western Family

#### Toasted Oat Rings

(Plain or Multi-Grain)  
Essential Everyday, Flavorite, General Mills (Cheerios), Great Value, IGA, Kroger, Our Family, Safeway or Western Family

No sugar-frosted, honey-nut or fruit added

#### Wheat Squares/Pockets

General Mills (Wheat Chex), Great Value, Our Family, Safeway or Western Family 

## HOT CEREAL

### INSTANT OATMEAL – Regular Individual Packets Only

12 to 11 ounce packages

Essential Everyday, Great Value, IGA, Our Family, Kroger, Safeway or Western Family

No flavored


No large/bulk packages allowed

No organic

### HOT WHEAT CEREAL

Cream of Rice\*

Cream of Wheat Regular

Cream of Wheat Whole Grain 

Great Value Quick Farina

Malt-O-Meal Original

Western Family

## WHOLE GRAIN CHOICES

### WHOLE GRAIN BREAD

**Franz 40 Calorie per Slice Whole Wheat**

**Franz 100% Whole Wheat**

**Safeway Kitchens 100% Whole Wheat**

**Sara Lee Classic 100% Whole Wheat**

**Smith's 100% Whole Wheat**

**Wheat Montana 100% Whole Wheat**

One pound (16 ounce) loaf only

### BROWN RICE

Any brand – box or bag

Plain Brown Rice-regular cooking 16 oz.

Plain Brown Rice-quick or instant

cooking 16 – 14 oz.

No organic

## TORTILLAS – SOFT

Yellow Corn – Mission\*

White Corn – Don Pancho\* or Guerrero

Whole Wheat – Don Pancho, Guerrero, or Mission

One pound (16 ounce) package only

## 100% JUICE

### 64 ounce Plastic Bottles

#### 100% Juice Only

##### Specific Flavors - Authorized Brands

**Apple:** Essential Everyday, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Our Family, Safeway, Tree Top, Western Family

**Grape – purple:** Essential Everyday, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Our Family, Safeway, Welch's, Western Family

**Grape – white:** Essential Everyday, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Our Family, Safeway, Welch's, Western Family

**Orange:** Essential Everyday, Flavorite, Old Orchard, Our Family, Western Family

**Tomato:** Campbell's, Everyday Essentials, Western Family

**Vegetable:** Essential Everyday, Great Value, IGA/Shoppers Valu, Kroger, Safeway, V-8 (Original or Healthy Request, **no Fusion**) Western Family

**No sugar added**

**No juice blends, drinks or cocktails**

**No refrigerated**

**No organic or DHA added**

### 16 ounce Frozen Concentrate

#### 100% Juice Only

##### Specific Flavors – Authorized Brands

**Orange:** Essential Everyday, Flavorite, IGA/Shoppers Valu, Kroger, Our Family, Safeway, Western Family

**No sugar added**

**No juice blends, drinks or cocktails**

**No organic or DHA added**

**Some stores may not carry every WIC approved food because of cost or availability.**

### 12 to 11.5 ounce Frozen Concentrate

#### 100% Juice Only

##### Specific Flavors - Authorized Brands

**Apple:** Essential Everyday, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Our Family, Safeway, Tree Top, Western Family

**Grape – purple:** Essential Everyday, Great Value, Kroger, Old Orchard, Welch's, Western Family

**Grape – white:** Essential Everyday, Old Orchard, Welch's

**Orange:** Essential Everyday, Flavorite, Great Value, IGA/Shoppers Valu, Kroger, Old Orchard, Our Family, Safeway, Western Family

**Pineapple – Kroger, Old Orchard**

**No sugar added**

**No juice blends, drinks or cocktails**

**No organic or DHA added**

**No 48-46 ounce juices are allowed.**



## CANNED FISH

### Any brand

**Light Tuna –** water packed only, light - solid or chunk

6 to 5 ounce cans

**Pink Salmon –** water packed only, may contain bones and skin

5 to 6 and 14.75 ounce cans

**No "diet" pack, white, albacore, "vacuum-sealed" packs, flavorings added and no red salmon**

## INFANT FORMULA

### Only brand, type and size specified on benefit

**No substitutions at store**

**No organic**

## INFANT CEREAL

### Beech-nut, Goya or Gerber only

Plain varieties only: Barley, Corn, Mixed Grain, Oatmeal, Rice or Whole Wheat

8 and 16 ounce containers are allowed

One 16 ounce container may be substituted for two 8 ounce containers

**No formula, flavoring, fruit or DHA added**

**No jars or packs**

## BABY FOOD MEATS

### Beech-nut, Goya or Gerber only

2.5 ounce jars

**May have added broth or gravy**

**No dinners: must be single variety meats**

**No meat sticks**

**No organic or DHA added**

## BABY FOODS – VEGETABLES/FRUITS

### Beech-nut, Goya or Gerber only

4 ounce jars only

**Vegetable and Fruit – single or mixed varieties**

**No dinners or desserts**

**No organic or DHA added**

## Approved Foods List for Fruit and Vegetable Benefit

### Fresh Vegetables & Fruits

#### Allowed:

- Any variety of fresh vegetables and fruits except white potatoes\* (Note: sweet potatoes and yams are allowed)
- Bagged salad mixtures (no dressing, croutons, nuts or meat added)
- Bagged vegetables (no dressing or dip)
- Tubs of cut fruit or vegetables (no dressing or dip)
- Garlic, sprouts
- Fresh salsa (no added sugar, fat or oil)
- Organic

#### Not Allowed:

- White potatoes\*
- Items from the deli, salad bar, party trays, fruit baskets, decorative vegetables and fruits, dried fruit
- Nuts, including peanuts, fruit/nut mixtures
- Salad dressing
- Herbs (like basil, cilantro, parsley)
- Spices (like vanilla beans, cinnamon sticks)

\* "White potatoes" are any potatoes other than sweet potatoes and orange yams.

### Frozen Vegetables

#### Allowed:

- Any brand
- Any plain single or plain mixed vegetable (without white potatoes\*)
- Any package type (bag, box)
- Any size
- Organic

#### Not Allowed:

- White potatoes\*
- French fries, hash browns, tater tots, other shaped potatoes
- Vegetables with sauces
- Vegetables mixed with pasta, rice, or any other non-vegetable ingredient
- Frozen Fruit
- Cheese sauce or any other type of sauce
- Seasoned, flavored, breaded
- Packets of sauces and/or seasonings included

**No canned fruits or vegetables or frozen fruit may be purchased.**

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